

CASE STUDY: Florência's Story



Florência, 51, lives with her children in Bambuzinho, a Truká indigenous community in the northeastern state of Pernambuco. She works as the school cook in the school around the corner from her house, and has been participating in the project you support.

She attends monthly nutrition workshops aimed at mothers and school cooks to teach them the importance of a balanced diet and how to integrate locally available fresh foods.

Florencia tells us: The nutrition workshops I took part in were very good. With other mothers I would go throughout the year. I learned a lot from them. I learned how to eat healthily, and how to cook healthy food for my children too. My children weren't anaemic, but a lot of mothers who participated in the workshops had children who were.

After the fourth session our teacher, Jamile, told me she thought I'd also gained weight. Each session Jamile would teach us to cook something together and then we all went home and cooked it for our children. I like a lot of the things I've learned how to cook, like juices and lasagna. We learned many things!

I also use what I learned from the workshops with the children at school and they've all liked what I've cooked so far. We learned how to make use of all the food. For example, banana skins are good to make cake and pumpkin skin is good to make soup.

The boys at school used to complain that they didn't like the vegetables I cooked. So Jamile taught me to make soup with the diced vegetables put them through a blender. When I gave the soup to the boys they said it was very tasty. They couldn't believe it was made out of vegetables. I also learned how to make juice with beetroot, oranges and passion fruit. The boys loved it!

Daniela, one of Florencia's daughters (above right) adds: My mum participated a lot in [Save the Children's] Children with all their Rights programme and learned a lot of things on how to care for us. She learned many new things and she's applying them at home. This programme really helped our family. It helped us and our mother. I am very happy.

Before I felt sad because we did not feel like eating but now my mother makes some kind of medicine for us and then we feel hungry and want to eat and we have all gotten a little fat. Before we hardly ate and now we are hungry and no one is sick anymore, so we are much better. Before, there was a lot of diarrhoea. Some people had stomach ache, fever and other diseases. We also used to drink water from the river (São Francisco River) and sometimes it was full of mud. Now my mother uses a kind of clay filter with a little tap to filter the water.

**TOGETHER WE ARE HELPING CHILDREN IN BRAZIL
TO SURVIVE AND THRIVE.**